

Heritage College Cleveland Recreation

On-Campus Gym and Recreation Facilities

Students, faculty, and staff have 24/7 access to three exercise spaces located on the third floor of our campus. These spaces offer a variety of free weights, treadmills, stationary bikes, elliptical machines, and yoga equipment. Recreational equipment is available on the second floor and includes an Xbox, PlayStation, and a ping pong table. All these spaces will be open to OMS I-IV students year-round with no sign-up needed.

Off-Campus Gym Membership

The Cleveland campus provides a paid membership opportunity to Life Time Fitness which allows all OMS I & II students to access any Ohio gym, or any out of state gym with the same price point. The [Beachwood facility](#) is located minutes from the Cleveland campus at 3850 Richmond Rd, Beachwood, OH 44122. This membership allows students access to group exercise classes, open swim and pool use, basketball courts and much more. Membership sign-up is available starting fall term of your OMS I year, and there is no deadline to enroll. A link will be sent to your HCOM email address with instructions on how to sign-up during Cleveland orientation, and you can reach out to Rachel Moore, the Assistant Director of Student Affairs, for sign up help any time after that date. To maintain an active membership, students must visit Life Time fitness a minimum of four days each month. Students are responsible for tracking their own visits, and can do so on the Life Time app. To avoid discrepancies, please check your app after each gym check-in to make sure the visit was properly recorded. Additional information about the requirements to maintain your HCOM membership can be found in the FAQs below. OMS III & IV students can receive a \$25 discount on the standard monthly membership rate to help subsidize the cost of maintaining their own account. Instructions on how to sign-up can be found in the FAQs.

Life Time Fitness FAQs

Q: How long does the membership last?

A: Provided the necessary visits are made, first-year students will retain their membership over summer and through their OMS II year. Memberships will end following the conclusion of your OMS II year on June 30th. Afterwards, you have the option to set up your own paid account with Life Time Fitness to continue using the gym.

Q: My app says I logged four visits, why did I receive a cancellation notice?

A: Visits logged is not the same as days visited. Please verify your app also says you attended the gym on four different days. Visiting multiple times in one day does not count towards this total. It is your responsibility to ensure your visits are properly logged each day you attend the gym, as there is no other way to verify your attendance.

Q: I visited the gym four days last month, why can't I scan in?

A: Because we are billed in arrears, cancellation will not be effective for two months (ex: if you only visit 3 days in April, your membership cancellation will be effective June 1st). You may still visit the gym in the month in between. However, these visits will not be tracked for our purposes and your membership will still be cancelled if you fail to take action in the interim. Please email the Assistant Director of Student Affairs, Rachel Moore (moorer5@ohio.edu), if you know you have failed to hit the required visits. Reaching out prior to receiving your cancellation

notice to indicate that you would like to remain active will prevent an interruption to your access.

Q: How do I reactivate my membership if it has been canceled?

A: Email the Assistant Director of Student Affairs for instructions on how to reactivate your account. Please do not reenroll on your own, as you may inadvertently create a second account for yourself.

Q: I asked to be reactivated mid-month, how many days do I need to visit this month to remain active?

A: You will still need to visit four days in the month of your reactivation, regardless of how many days remain in the month. Please pursue your reactivation in a month when you believe you can visit four days.

Q: How many times can I reactivate my membership?

A: Students are capped at 3 reactivation requests per academic year. After that, OMS I memberships will be closed for the remainder of the academic year, with the option to request reactivation the following August. OMS II memberships will be permanently suspended.

Q: How does the self-paid membership at Life Time work for OMS III and IV students?

A: OMS III & IV students can receive a \$25 discount on the standard monthly membership rate to help subsidize the cost of maintaining their own account. You can enroll at any time through the remainder of your academic career at HCOM. Participating students will be responsible for paying a monthly rate directly to Life Time if they decide to enroll. Please note, this rate is rate is subject to change at any time. Charges are made on the first of the month, and students who join mid-month will not be billed until the beginning of the next month. This is a month-to-month membership, which requires 30-days' notice to cancel, and cancellation must be completed in the gym or via a certified letter.

Q: How do I sign-up for a paid membership at Life Time in my OMS III or IV year?

A: Students who had an active gym membership through HCOM within 60 days of seeking this enrollment can email the Assistant Director of Student Affairs to be moved to a paid plan at the discounted rate. The monthly rate will be billed to the credit card you have on file with the gym, so please make any necessary updates to that information before seeking enrolment so you're prepared. Students who did not have an active HCOM membership within 60 days of seeking this enrollment can sign up with [this link](#) to receive the discount.